

Progress Notes

Client Name: John Smith

Date of First Contact: 3/28/2022

Date of Progress Notes: 4/16/2022

Description:

The client regularly uses alcohol and occasionally likes to use marijuana. The client does not believe he has a drug and alcohol problem, but came to treatment at the behest of his family.

SUBJECTIVE:

The client presented himself to the counselor claiming that although he likes to regularly drink alcohol and occasionally smoke marijuana he believes he does not have a problem and can quit both at any time. The client has lived in Middletown, New York his entire life and graduated from Middletown High School in 1981. He has no further education beyond his high school diploma and has spent most of his adult life working for plumbing and heating supply companies as a salesman. Most recently (March, 2022), he began work as a dockworker for a transportation company. The client's alcohol use started when he was about 10 years old when he was offered alcohol at a family gathering. In his teenage years, he began to smoke marijuana and, at one point, was smoking marijuana daily. The client says he now only occasionally smokes marijuana, which he describes as about once a month. The client says when he was growing up he often drank alcohol and smoked marijuana with his brothers and sisters and said his mother not only did not discourage this behavior but often provided them with money to buy alcohol and marijuana.

When the client was in his 20s and 30s, he had several legal issues that stemmed from his alcohol use. He received four DWI's and spent time in prison after his fourth DWI because he violated his probation by smoking marijuana. He was also fired from one job because he was accused of stealing to help fund his alcohol and drug habit. He was eventually vindicated of these charges, but never got his job back from the company that made the accusation. Client says he has had no legal issues since 2011 although he continues to drink and occasionally smoke marijuana. This has brought him into conflict with his long-term partner and children who believe he does have a problem with alcohol and drugs and have, on at least one occasion, thrown him out of the house because of his problem. The client currently says he is drinking daily and drinks even more on the weekends when he attends the automobile races. His health history shows no evidence of periods of bad health, and he is currently fit and healthy despite his alcohol intake and marijuana use.

OBJECTIVE:

Client did not know or could not provide any statistics relating to his physical health except for his weight, which he says is 185lbs. He was alert and not currently under the influence of alcohol or drugs at the time of the first assessment.

ASSESSMENT:

Alcohol Use Disorder, Mild, 305.00 (F10.10)

Cannabis Use Disorder, Mild, 305.20 (F12.10)

PLAN:

I had a long conversation with the client and suggested he begin to reduce his alcohol intake to no more than two beers per day and then we could work on reducing the amount consumed to every other day. I also recommended he completely refrain from using marijuana, since he only uses it about once a month, and this should be easy to cut out completely. The client agreed this would be the best course of action relating to the marijuana use but was uncertain if he could reduce his alcohol consumption. He said he would try to reduce the amount of alcohol he consumes if it will make his family happy. I also suggested avoiding situations when possible of situations when alcohol and drug use were likely to occur which might mean spending less time with his brother who frequently drinks and uses marijuana. I recommended he seek the support of his partner and children, and his sisters who would be a source of support during his treatment.

The client stated several times he had recently started a new job, which pays more money than he has ever made before, and he does not want the alcohol to “mess the job up.” In order to get his new job, the client had to take a drug test which showed up negative for drugs and alcohol, but he is concerned he may have to take a test again as the company does do random drug tests in the workplace. I suggested to the client this could prove to be motivation to not to use marijuana and he agreed. The client said he does not see himself giving up alcohol because he enjoys it and it helps him to relax. From my conversation with the client, it seems he is motivated to give up marijuana use for the sake of his job, but not alcohol. The client wants to remain employed in his new, current job because it pays well and has excellent benefits.

Moving forward the plan is to see the client as an outpatient for treatment once a week for the next 12 months. The client will be assessed at three-month intervals to see if the plan is working and to make changes to the plan as necessary. After one year, the client will be assessed to see if he has successfully completed treatment and, if this is the case, a discharge plan will be drawn up for the client.